

Scientific References

1) The effects of L-arabinose on intestinal sucrase activity: dose-response studies in vitro and in humans

<https://pubmed.ncbi.nlm.nih.gov/21677059/>

2) Novel Functional Sugar L-Arabinose: Its Functionality, Uses and Production Methods

<https://koreascience.kr/article/JAKO200304637333225.page>

3) Circulating GLP-1 and CCK-8 reduce food intake by capsaicin-insensitive, nonvagal mechanisms

<https://pubmed.ncbi.nlm.nih.gov/22031786/>

4) HOW IT WORKS Harnessing the power of red hot chili peppers

<https://www.capsimax.com/how-it-works>

5) Potassium metabolism

<https://pubmed.ncbi.nlm.nih.gov/145813/>

6) Use of dicarboxylic acids in type 2 diabetes

<https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3575934/>

7) The effects of taurine supplementation on obesity, blood pressure and lipid profile: A meta-analysis of randomized controlled trials

<https://pubmed.ncbi.nlm.nih.gov/32871172/>

8) Effects of magnesium supplementation on improving hyperglycemia, hypercholesterolemia, and hypertension in type 2 diabetes: A pooled analysis of 24 randomized controlled trials

[https://www.ncbi.nlm.nih.gov/pmc/articles/PMC9889557/#:~:text=Accumulating%20evidence%20demonstrated%20that%20higher,and%20vascular%20contractility%20\(13](https://www.ncbi.nlm.nih.gov/pmc/articles/PMC9889557/#:~:text=Accumulating%20evidence%20demonstrated%20that%20higher,and%20vascular%20contractility%20(13)